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## EC57-916 Uncooked Jams and Jellies

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E.C. 57-916

## UNCOOKED JAMS AND JELLIES

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Extension Nutritionist

For a quick tasty treat, try making uncooked fruit jam or jelly. You will enjoy its fresh fruit flavor and color. To make it you may use either fresh or frozen fruits.

Powdered or liquid pectins are often used in making the uncooked jams or jellies. Powdered pectin will give a slightly better color and flavor; liquid pectin is easier to use. The procedure varies with the kind of pectin and one cannot be substituted for the other.

The prepared jam or jelly should be allowed to stand at room temperature until it has jelled. This may take a few minutes or 2 or 3 days depending upon the variety of fruit. If the jam seems too stiff a little stirring will soften it.

Uncooked jams or jellies should be stored in the refrigerator or freezer. The fruit has not been sterilized by cooking and may ferment or mold if kept at room temperature. Storage time is 4 to 6 weeks in the refrigerator and up to 1 year in the freezer. However, the jam tastes better when freshly made.

### STRAWBERRY JAM (using fresh berries)

- 3 cups mashed strawberries
- 5 cups sugar
- 1 package powdered pectin
- 1 cup water

Add sugar to the mashed strawberries, mix well and allow to stand for 20 minutes with occasional stirring. Dissolve the powdered pectin in the water, bring to a boil and boil 1 minute. Add the hot pectin to the fruit and sugar mixture and stir for 2 minutes. Pour the jam into sterilized glasses or suitable freezer containers. Cover and let stand 24 to 48 hours, or until jelled. Store in refrigerator or freezer.

Blackberries, sour cherries, raspberries or peaches may be substituted for strawberries. If peaches or apricots are used, add 1 tablespoon lemon juice.

### STRAWBERRY JAM (using frozen berries)

- 2 boxes (20 oz.) or 2 1/4 cups  
sliced frozen berries
- 1 tablespoon lemon juice
- 2 1/2 cups sugar
- 1 cup water
- 1 package powdered pectin

Allow frozen berries to warm to room temperature. Mix in lemon juice and sugar and let stand 20 to 30 minutes, stirring occasionally to help dissolve the sugar. Com-



bine water and pectin in a sauce pan and bring to a rolling boil, stirring constantly. Boil for 1 minute. Slowly pour hot pectin into berries stirring all the while. Continue stirring for 2 to 3 minutes. Pour jam into sterilized glasses or frozen food containers. Cover and allow to stand at room temperature until jelled. Store in refrigerator or freezer. Yield: 2 pints jam.

#### PINEAPPLE AND STRAWBERRY JAM (slightly cooked)

- 1 box (10 oz.) sliced frozen strawberries
- 2 1/3 cups (1 No. 2 can) crushed pineapple
- 3/4 cup water
- 1 box powdered pectin
- 3 1/2 cups sugar

Combine thawed strawberries, pineapple, water and pectin in a large saucepan. Bring to a full rolling boil. Stir in the sugar and boil hard for 1 minute, stirring constantly. Remove from heat. Stir and skim for 5 minutes to cool slightly. Pour into glasses and seal. Yield: 8 six-ounce glasses.

#### RED CURRANT JELLY

- 2 1/2 cups red currant juice
- 3 3/4 cups sugar

Extract the juice by heating 7 cups red currants and 1/2 cup water in a saucepan. Crush fruit lightly and cook until soft, about 10 minutes. Let drip from dampened jelly bag. Measure 2 1/2 cups of juice and bring to a full rolling boil. Add sugar, remove from heat and stir at least 2 minutes to dissolve all the sugar. Pour into hot sterilized glasses and seal at once. Yield: 4 eight-ounce glasses jelly.

No added pectin is used to make this jelly because red currants are high in pectin. Concord grapes can also be used. Be sure to use some slightly under-ripe fruit to maintain the proper balance of acid and pectin.

#### GRAPE JELLY

- 1 box powdered pectin
- 2 1/4 cup water
- 3/4 cup (6 oz. can) frozen grape juice
- 3 1/4 cup sugar

Combine pectin and water in large saucepan and bring to a full rolling boil. Boil hard for one minute, stirring constantly. Lower heat. Add grape juice and sugar and stir until both are completely dissolved. Do not boil. Remove from heat and pour into hot sterilized glasses and seal. Yield: 5 eight-ounce glasses.

#### ORANGE JELLY

- 1 box powdered pectin
- 2 cups water
- 3/4 cup (6 oz. can) frozen orange juice
- 3 1/2 cups sugar

Combine pectin and water in a sauce pan and bring to a full rolling boil. Boil hard for 1 minute, stirring constantly. Lower heat. Add orange juice and sugar. Stir until both are completely dissolved but do not boil. Remove from heat, pour into glasses and seal. Yield: 6 six-ounce glasses jelly.